

WELFARE FOODS SERVICE

VITAMIN TOKEN BOOK (CHILD)

VALID ONLY IN GREAT BRITAIN
AND NORTHERN IRELAND FROM.....

November 1957
(month of issue)

Please fill in the following :—

Name of Child

Permanent Address

.....
TAKE CARE OF THIS BOOK. WITHOUT IT YOU CANNOT GET
WELFARE VITAMINS

If found, this book should be returned to any local Pensions and National Insurance Office

HOW TO USE THE TOKENS

The tokens are arranged from January to December, but the starting point is the month in which the book is issued. A token is valid for the period printed on it, and during the preceding calendar month and the succeeding calendar month.

YOUR NEXT VITAMIN TOKEN BOOK

If there is a postcard renewal application at the end of this book, fill it up and post it to your local Pensions and National Insurance Office, when you have used up the tokens. If no postcard is provided, it is **either** because you will then be needing a new Milk Token Book as well (and no separate application for vitamins will be required), or because your child will be over the age of entitlement.

SURRENDER OF BOOK IF ENTITLEMENT CEASES

If for any reason entitlement to welfare foods ceases (for example, the child dies or goes abroad), return the book at once, together with the Milk Token Book, to the local Pensions and National Insurance Office.

IF YOU DEPOSIT THE CHILD'S MILK TOKEN BOOK WITH YOUR MILKMAN •

Your child's milk token book contains instructions which are summarised here in case you deposit the book with your milkman. **If you do so, it is in your own interest to obtain a receipt signed at, or issued from, the office of the milk supplier.**

Each milk token accepted by him entitles you to seven pints of ordinary or pasteurised milk for your child at the welfare price. A token is valid for five weeks but if as a result of absence from home for more than a day in any week you cannot take the full quantity due your milkman should on request make you an allowance for the balance.

GET THE BOOK BACK

If you want National Dried Milk instead of liquid milk for your baby.

If you change your milkman.

If the child enters a hospital, nursing home or institution, or goes to live with someone else. **They will need the book.**

If you want cheap milk while you and the child are away on holiday in Great Britain or Northern Ireland.

If entitlement ceases (for example, the child dies or goes abroad). Return the milk book at once, together with this vitamin book, to the local Pensions and National Insurance Office.

(continued overleaf)

**IF YOU DEPOSIT THE CHILD'S MILK TOKEN BOOK
WITH YOUR MILKMAN—(continued)**

HOW TO GET YOUR NEXT SUPPLY OF MILK TOKENS

Your present MILK TOKEN BOOK will contain a postcard renewal application if your child will still be eligible for welfare foods when the book runs out. Make sure that your milkman either returns the book to you, or gives you the postcard out of it, four weeks before the new tokens will be needed. Fill up the form and post it ; further supplies of milk and vitamin tokens will then be sent to you.

HANDICAPPED CHILDREN AGED 5-16

Children who cannot go to school or other training centre because of a permanent disability and who, therefore, do not get school milk may, in certain circumstances, be allowed welfare milk up to age 16. Enquiries should be made at the local Pensions and National Insurance Office.

WARNING : MISUSE OF TOKENS MAY LEAD TO PROSECUTION

What the Welfare Foods Service provides for Children

MILK for growth, bones and teeth

Milk is the almost complete food for building bodies. The tokens in the Milk Book entitle the child to a pint of ordinary or pasteurised milk a day at a specially low price. This benefit is for all children up to the age of five.

NATIONAL DRIED MILK

If you have a young baby and can't breast-feed it, ask your doctor or Welfare Clinic for advice on bottle-feeding. You can get National Dried Milk instead of liquid milk ; a tin is equal to seven pints. " Full-cream " is normally supplied but there is " Half-cream " for the baby that needs it.

Each token in the child's MILK BOOK enables you to get one tin of National Dried Milk at the welfare price from any Welfare Foods Distribution Centre. As soon as your baby needs more than one tin a week ask your local Pensions and National Insurance Office for supplementary tokens.

(continued overleaf)

ORANGE JUICE for healthy gums

Your child needs Vitamin C for firm gums and clear healthy skin. Orange juice contains plenty. All babies should begin to have it at one month old. Follow the directions on the bottle.

COD LIVER OIL has Vitamins A and D

Children need more of these vitamins too. Vitamin A promotes growth and helps resistance to diseases of eyes, nose, throat and chest. Without enough Vitamins A and D, milk can't do its job of building strong, straight bones and sound teeth. All babies should begin to have cod liver oil at one month old. Follow the directions on the bottle. One bottle lasts six weeks.

Remember—this is a food, not a medicine. Children need it all the year round

Some points to remember

1. If you take a dearer grade of milk, you pay the difference yourself.
2. If you don't know where your nearest Welfare Foods Distribution Centre is, ask your midwife or health visitor or enquire at your Local Authority's Public Health Department.
3. If the welfare price of milk or orange juice is beyond your means ask If you can have them free. The Distribution Centre will advise you what to do.

ORANGE JUICE

January

One bottle

Each token on this sheet can be used at any Welfare Foods Distribution Centre to obtain one bottle of orange juice.

The tokens for free supplies of Cod Liver Oil are on the last page.

Form F.W.41A

ORANGE JUICE

March

One bottle

ORANGE JUICE

February

One bottle

ORANGE JUICE

January

One bottle

Each token on this sheet can be used at any Welfare Foods Distribution Centre to obtain one bottle of orange juice.

ORANGE JUICE

February

One bottle

The tokens for free supplies of Cod Liver Oil are on the last page.

ORANGE JUICE

March

One bottle

ORANGE JUICE

April

One bottle

ORANGE JUICE

April

One bottle

Each token on this sheet can be used at any Welfare Foods Distribution Centre to obtain one bottle of orange juice.

The tokens for free supplies of Cod Liver Oil are on the last page.

ORANGE JUICE

May

One bottle

ORANGE JUICE

May

One bottle

ORANGE JUICE

June

One bottle

ORANGE JUICE

June

One bottle

Form F.W.41B

ORANGE JUICE

April

One bottle

ORANGE JUICE

April

One bottle

ORANGE JUICE

May

One bottle

Each token on this sheet can be used at any Welfare Foods Distribution Centre to obtain one bottle of orange juice.

ORANGE JUICE

May

One bottle

The tokens for free supplies of Cod Liver Oil are on the last page.

ORANGE JUICE

June

One bottle

ORANGE JUICE

June

One bottle

ORANGE JUICE

July

One bottle

ORANGE JUICE

July

One bottle

ORANGE JUICE

August

One bottle

ORANGE JUICE

August

One bottle

ORANGE JUICE

September

One bottle

ORANGE JUICE

September

One bottle

Each token on this sheet can be used at any Welfare Foods Distribution Centre to obtain one bottle of orange juice.

The tokens for free supplies of Cod Liver Oil are on the last page.

Form F.W.41C

ORANGE JUICE

July

One bottle

ORANGE JUICE

July

One bottle

ORANGE JUICE

August

One bottle

Each token on this sheet can be used at any Welfare Foods Distribution Centre to obtain one bottle of orange juice.

ORANGE JUICE

August

One bottle

The tokens for free supplies of Cod Liver Oil are on the last page.

ORANGE JUICE

September

One bottle

ORANGE JUICE

September

One bottle

ORANGE JUICE

October

One bottle

ORANGE JUICE

October

One bottle

Each token on this sheet can be used at any Welfare Foods Distribution Centre to obtain one bottle of orange juice.

ORANGE JUICE

November

One bottle

The tokens for free supplies of Cod Liver Oil are on the last page.

ORANGE JUICE

December

One bottle

Form F.W.41D

ORANGE JUICE

October

One bottle

ORANGE JUICE

October

One bottle

ORANGE JUICE

November

One bottle

Each token on this sheet can be used at any Welfare Foods Distribution Centre to obtain one bottle of orange juice.

The tokens for free supplies of Cod Liver Oil are on the last page.

ORANGE JUICE

December

One bottle

COD LIVER OIL
March
to
April
FREE

COD LIVER OIL
February
to
March
FREE

COD LIVER OIL
January
FREE

ORANGE JUICE
January to June
One bottle

Each large token on this sheet can be used at any Welfare Foods Distribution Centre to obtain one bottle of orange juice.

ORANGE JUICE
July to December
One bottle

Each small token can be used at any Welfare Foods Distribution Centre to obtain one bottle of cod liver oil free.

Form F.W.41E

COD LIVER OIL
May
to
June
FREE

COD LIVER OIL
June
to
July
FREE

COD LIVER OIL
August
to
September
FREE

COD LIVER OIL
September
to
October
FREE

COD LIVER OIL
October
FREE

ORANGE JUICE**January to June****One bottle****COD LIVER OIL****January****FREE****COD LIVER OIL****February****to****March****FREE****COD LIVER OIL****March****to****April****FREE****ORANGE JUICE****July to December****One bottle**

Each large token on this sheet can be used at any Welfare Foods Distribution Centre to obtain one bottle of orange juice.

Each small token can be used at any Welfare Foods Distribution Centre to obtain one bottle of cod liver oil free.

COD LIVER OIL**October****FREE****COD LIVER OIL****September****to****October****FREE****COD LIVER OIL****August****to****September****FREE****COD LIVER OIL****June****to****July****FREE****COD LIVER OIL****May****to****June****FREE**

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